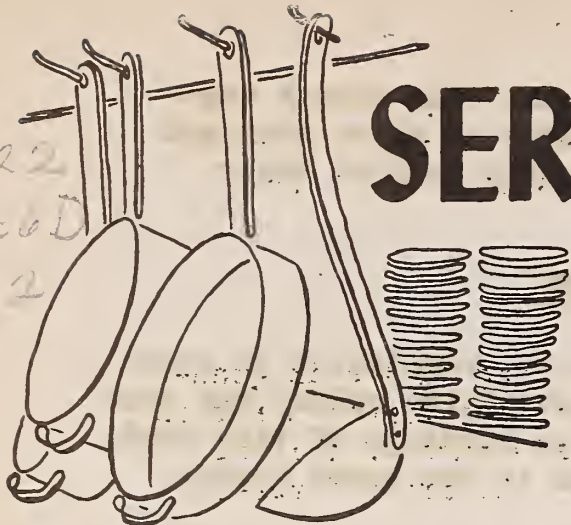


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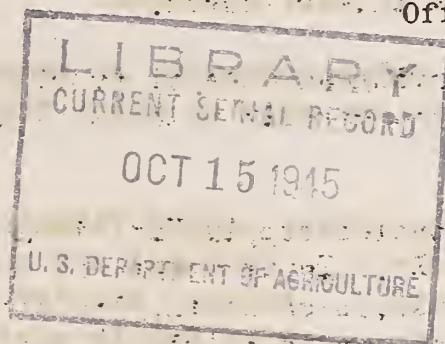
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SERVING MANY

Food news for food managers in industrial plants, restaurants, hotels, and hospitals

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VEGETABLES ARE PLENTIFUL

There has been so much concern lately over foods that are in short supply that little attention has been paid to the many foods that are plentiful.

Fresh vegetables, for instance, will be in abundant supply for the balance of 1945. The vegetable crop in 1944 was a record one and this year's production is expected to top even that record.

During this month tomatoes, cabbage, onions, carrots, snap beans, squash and lettuce will be in plentiful supply in most southwest markets. Many other fresh vegetables also will be available locally.

Watch for seasonable vegetables that are plentiful and use them often while you can still buy them and when the best values in quality and price can be obtained.

COOKING VEGETABLES PROPERLY

Now, while some of the popular foods are scarce, it's important to use the available foods to the best advantage. It's not enough for the food manager merely to include plentiful foods on the menu to sell them to workers. If they're to sell, fresh vegetables must be prepared so they'll look attractive and taste good.

It's fortunate that the methods of cooking vegetables that best preserve their natural color and fine flavor also tend to conserve a larger amount of their nutritive value than do less satisfactory methods.

Over-cooking and long standing after cooking not only change vegetable colors from fresh greens and clear yellows to olive drab and grayed yellow tones, but at the same time destroy much of their nutritive value.

RESEARCH IN THE QUANTITY COOKING OF VEGETABLES

During the last few years the effects of cooking vegetables in quantity by various methods on the retention of nutritive values has been studied. The interest of the Army and Navy in findings of this kind, as they affect the nutrition of men and women in the armed forces, has stimulated much of this research.

Vegetables contain varying amounts of nutrients depending on the stage of maturity, variety and ways in which they have been stored and shipped.

Green and yellow vegetables supply Vitamin A and some also supply Vitamin C and Vitamin B₁. Tomatoes are a good source of both Vitamins A and C. Potatoes...because they're eaten in fairly large quantities by most workers...are a fairly good source of Vitamin C and iron.

Most of the research on vegetables cooked in quantity has been to determine the effect on the retention of Vitamins A, B₁ and C. Although all the results have not been conclusive and more experimental work needs to be done, the studies indicate the trend of procedures in cooking and handling vegetables to be followed in industrial feeding.

Some of the findings in which industrial feeding managers will be interested include:

1. Minimize vitamin and mineral losses. Cooking always causes some loss in the nutritive value of vegetables. The causes for these losses are exposure to heat, water and air.

Methods of large quantity vegetable cookery that reduce exposure to these factors to a minimum are steam cooking and boiling in a steam-jacketed kettle.

2. Bring vegetables quickly to the boiling point. Another reason for cooking vegetables in a steam-jacketed kettle...instead of on top the stove...is that the retention of Vitamin C is greater when the time it takes the food to heat through and begin to cook is short.

Large quantities of vegetables placed in boiling water lower the temperature of the water. The time required to bring the water back to the boiling point is shorter when the steam-jacketed kettle is used.

3. Cook vegetables a short time to retain nutritive values. Not only the temperature but the length of time vegetables are cooked

affects the amount of nutrients that are lost. Fast cooking for a short time results in a smaller loss in food value than that resulting from slower cooking. Vegetables steamed for a short time in a compartment pressure steamer keep more nutritive value than those cooked a longer time in boiling water.

The high temperature in the pressure steamer may be destructive to the vitamin content of vegetables if they are over-cooked; therefore the time schedule should be watched carefully so that the vegetables are cooked in the shortest time possible to make them tender.

4. Use as little boiling water as possible when cooking vegetables. Food losses are increased when vegetables are cooked in too much water because the nutrients dissolve out in the water.

When they're cooked in a steam-jacketed kettle, just enough boiling water should be used to prevent them from sticking and to bubble up through the mass.

5. Do not cook vegetables at a "galloping" boil or stir unnecessarily. Keep the water in which vegetables are cooked boiling gently but don't let the water boil so hard the vegetables are broken. This increases vitamin and mineral losses.

Stirring vegetables while they're cooking increases exposure to air, causing Vitamin C loss. This should be avoided.

6. Cook vegetables whole or in large pieces to conserve their nutritive value. Less nutrients are destroyed by exposure to air and water when the vegetables are cooked whole or in large pieces.

Young, tender vegetables should be cooked whole and older ones should be cut in halves, quarters or strips rather than in small pieces.

7. Cook vegetables immediately before they are served. Holding vegetables in either a bain marie or steam table after they're cooked... or even letting them stand at room temperature...increases the loss of vitamins.

Long holding periods are especially harmful. Cook vegetables as short time as possible before they're served.

RULES FOR COOKING VEGETABLES

The following rules are based on the experimental studies on vegetable cookery. If they're followed in your plant, vegetables should be better cooked and have higher nutritive value. Try posting these rules for the guidance of vegetable cooks.

1. Steam tender vegetables, such as asparagus tips, broccoli, cabbage and cauliflower in shallow pans without water.
2. Steam potatoes and root vegetables in perforated steamer pans.
3. Boil leafy green vegetables, green peas, green beans, corn on the cob and onions in a steam-jacketed kettle using just enough salted water to bubble up through them.
4. Cover vegetables while they are boiling.
5. Do not stir vegetables unnecessarily while they are cooking.
6. Whenever possible, cook vegetables whole or as halves, quarters or strips rather than thin slices, small dices or fine shreds.
7. Cook vegetables until just tender and serve them as quickly as possible.
8. Cook vegetables on a staggered schedule and replenish the steam table supply every 15 or 20 minutes.
9. Use the liquid in which vegetables have been cooked for soups, sauces and gravies.

TIME-TABLE FOR COOKING VEGETABLES

Post this in the kitchen. You'll notice a range in cooking time in the last column. This provides for differences in variety and maturity of vegetables which may affect the length of the cooking period. Whenever possible, use the minimum time.

<u>KIND OF VEGETABLE</u>	<u>PRE-COOKING PREPARATION</u>	<u>METHOD OF COOKING</u>	<u>TIME IN MINUTES</u>
Asparagus	Tough stalk removed	Compartment steamer	8 to 10
Beans, lima	Shelled	Steam-jacketed kettle	30
Beans, snap	Whole or cut in 1½" lengths	Steam-jacketed kettle	20 to 30
Beets	Unpeeled	Compartment steamer	60 to 90

<u>KIND OF VEGETABLE</u>	<u>PRE-COOKING PREPARATION</u>	<u>METHOD OF COOKING</u>	<u>TIME IN MINUTES</u>
Beets	Peeled and diced	Compartment steamer	8 to 10
Beet Greens	Tough stems removed	Steam-jacketed kettle	8 to 10
Broccoli	Outer leaves removed, stems split	Compartment steamer	12 to 15
Brussels sprouts	Trimmed	Compartment steamer	6 to 8
Cabbage	Cut into sections	Compartment steamer	8 to 10
Cabbage	Shredded	Compartment steamer	5 to 7
Carrots	Whole or cut in strips	Compartment steamer	15 to 20
Cauliflower	Broken into flowerets	Compartment steamer	5 to 8
Collard greens	Stems removed	Steam-jacketed kettle	20
Corn-on-the- cob	Shucks removed	Steam-jacketed kettle	8 to 10
Kale	Cut coarsely	Steam-jacketed kettle	15 to 20
Onions	Peeled, whole	Steam-jacketed kettle	15 to 20
Parsnips	Whole or half	Compartment steamer	20
Peas, green	Shelled	Steam-jacketed kettle	10 to 15
Potatoes, Irish	Pared, whole or in jackets	Compartment steamer	25 to 40
Potatoes, Sweet	Whole	Compartment steamer	30 to 40
Rutabagas	Pared	Compartment steamer	30 to 40
Squash, summer	Cut into wedges	Compartment steamer	12 to 15
Squash, Hubbard	Cut into sections	Compartment steamer	20 to 30
Spinach	Coarse stems removed	Steam-jacketed kettle	5 to 8
Turnips	Diced	Compartment steamer	20 to 30
Turnip greens	Tough stems removed	Steam-jacketed kettle	10 to 20

MENUS FOR SPECIAL LUNCHEES

<p>1</p> <p>Vegetable plate: Baked corn pudding Buttered green beans Cabbage and carrot salad Whole-wheat bread with butter or fortified margarine Blackberry pie Milk</p>	<p>2</p> <p>Fried fish with lemon Scalloped potatoes Fresh asparagus Whole-wheat bread with butter or fortified margarine Pink rhubarb sauce Oatmeal cookies Beverage</p>
<p>3</p> <p>Cheese omelet Steamed new potatoes in jackets Mixed green salad with sliced tomatoes Enriched bread with butter or fortified margarine Warm gingerbread Milk</p>	<p>4</p> <p>Boston style baked beans with salt pork Fresh buttered broccoli Sliced tomato and lettuce salad Brown bread with butter or fortified margarine Cottage pudding with fruit sauce Milk</p>
<p>5</p> <p>Chicken pie (with celery and peas) Parsleyed potatoes Tossed vegetable salad Enriched rolls with butter or fortified margarine Fruit cup Milk</p>	<p>6</p> <p>Boiled tongue with horseradish sauce Mashed potatoes Fresh spinach Enriched rolls with butter or fortified margarine Strawberry shortcake Milk</p>
<p>7</p> <p>Stuffed shoulder of lamb Parsleyed potatoes New beets and greens Enriched bread with butter or fortified margarine Fruit gelatin Beverage</p>	<p>8</p> <p>Hamburger cake Creamed new potatoes Tomato salad with green onions Enriched rolls with butter or fortified margarine Butterscotch pudding Beverage</p>

<p>9</p> <p>Sausage roll Mashed potatoes Buttered carrot strips Enriched bread with butter or fortified margarine Peach cobbler Milk</p>	<p>10</p> <p>Baked lima beans with bacon Scalloped tomatoes Sliced cucumber salad Whole-wheat bread with butter or fortified margarine Baked custard Milk</p>
<p>11</p> <p>Braised liver Creamed new potatoes New cabbage Whole-wheat bread with butter or fortified margarine Applesauce cake Beverage</p>	<p>12</p> <p>Roast pork Browned new potatoes Yellow summer squash Enriched bread with butter or fortified margarine Strawberry ice cream or sherbet Beverage</p>
<p>13</p> <p>Steamed frankfurters Hot potato salad Buttered carrots Whole-wheat bread with butter or fortified margarine Jelly roll with lemon cream filling Milk</p>	<p>14</p> <p>Fish loaf with tomato sauce Parsleyed new potatoes Cabbage and green pepper salad Enriched rolls with butter or fortified margarine Chocolate nut pudding Beverage</p>

<p>15</p> <p>Vegetable plate: Cottage cheese and endive salad Parsleyed-buttered carrots Baked potato Sliced tomato Whole-wheat bread with butter or fortified margarine Fresh rhubarb pie Milk</p>

THE "BEST BUY" LIST

Top four vegetables now leading the Southwest Food Parade are tomatoes, cabbage, onions and carrots. Tomatoes get top billing.

Current best selections also include a variety of other vegetables, including potatoes, lettuce, cauliflower, beans, radishes, squash, corn, greens and peas.

Oranges and grapefruit are still in the lead in the fruit group, with pineapple and rhubarb showing up in a few places.

Other best buys include:

Arkansas Little Rock: Carrots, onions, tomatoes, fresh greens.

Colorado Denver: Asparagus, green beans, carrots, onions, cauliflower, cucumbers, green peas, spinach, tomatoes, oranges.

Kansas Topeka: Oranges, apples, cauliflower, tomatoes, cabbage.

Wichita: Citrus fruits, pineapples, lettuce, onions, cabbage, tomatoes, radishes, potatoes.

Louisiana Baton Rouge: Snap beans, onions, potatoes, tomatoes.

New Orleans: Beans, okra, cucumbers, corn.

New Mexico Albuquerque: Cabbage, carrots, dry onions, tomatoes, leaf lettuce, rhubarb, turnips, grapefruit, oranges.

Las Cruces: Cabbage, carrots, lettuce, onions, squash, grapefruit, oranges, pineapple.

Gallup and Santa Fe: Cabbage, carrots, celery, cucumbers, leaf lettuce, onions, potatoes, radishes, rhubarb, spinach, tomatoes, grapefruit, oranges.

Oklahoma Oklahoma City: Cabbage, carrot, cauliflower, citrus fruit, corn, potatoes, tomatoes.

Texas Ft. Worth: Beans, beets, carrots, corn, onions, black-eye peas, radishes, squash, tomatoes.

Houston: Corn, cabbage, onions, tomatoes, carrots, squash, peas, grapefruit.
